Monroe Institute®

2020 Program Schedule

Residential Programs and Summaries

***+Conscious Presence**
June 20 - 26

+Discovery
July 11 - 17
October 31 – November 6

***Energy Body**
March 7 – 13

***Energy Medicine**
July 25 - 31
September 26 – October 2

***+Event Horizon**
August 22 – 28

Exploration 27
August 29 - September 4
December 12-18

Outreach Training Program
August 21 – 28

***Gateway Voyage®**
January 18 – 24
February 15 – 21
March 7 -13
June 13 – 19 *Online*
July 11 - 17
August 15 - 21
September 12 - 18
October 17 - 23
November 7 - 13
December 5 – 11
October 30–Nov 5 - *Arizona*

Guidelines
July 18 – 24
November 14-20

Heartline
October 10 - 16

***Law of Attraction**
November 7 - 13

Lifeline
January 25 – 31
November 14 - 20

***+Lucid Dreaming**
October 17 - 23

MC²
February 22 – 28
June 20 – 26
October 31 – November 6

***Near Death Experience**
September 26 – October 2
December 11 – 17 – *Arizona*

***New Year Program**
December 28 – January 2

***Out-of-Body Exploration**
August 1 - 7
October 3 - 9
October 24 – 29

OBE Spectrum
September 19 – 25
December 12 - 18

Peak Week
July 18 - 24
November 6 – 12 – *Arizona*

***Remote Viewing**
February 29 – March 6
August 1 - 7

Remote Viewing II
October 3 - 9

Starlines I
July 25 – 31

Starlines II
September 19 - 25

Starlines Reunion
June 13-19

Timeline
August 8 - 14

Weekend Workshops

***Dowsing**
October 9 - 11

***Kortum Technique**
May 1 - 3

***Serving Spirit I**
February 28 – March 1
September 11 - 13

Serving Spirit II
December 4 - 6

*Mini One-Day Programs

February 8
November 21

***no prerequisite**
+SAM Technology

Call 434.361.1500 or Toll Free (U.S. and Canada) 1.866.881.3440 for rates, program availability and to register.
NOTE: Program dates and locations are subject to change. May 11, 2021

Conscious Presence
This experiential journey is designed to move you to greater awakenings using the latest understanding of consciousness. Investigate Quantum Consciousness, quantum mind theory, and nonlocal perceptions. Program exercises supported by our Spatial Angle Modulation™ (SAM), audio technology. *No prerequisite.*

Discovery
Our experiential research program offers participation in a consciousness research study exploring specific states of expanded awareness to see what your brainwaves are doing during these states using real-time EEG monitoring assisted by SAM and Hemi-Sync® audio technology. *No prerequisite.*

Energy Body
Activate your personal energy/consciousness system. Tune up your chakras, create vibrancy and vitality in your body. Learn how to stimulate vital organs to promote health and well-being. Discover how to make positive shifts in your life in the form of better health, vitality, financial abundance, quality relationships, clarity and more. *No prerequisite.*

Energy Medicine
Use Reiki I, II and the Master Level, crystal therapy and chakra clearing techniques, and a combination of Hemi-Sync and SAM exercises to turbocharge your healing abilities. This course is specially designed using a combination of subtle energy training and advanced sound and imaging technologies to help you see what you're doing and increase your ability to sense and direct healing energy to where it is needed most. *No prerequisite.*

Event Horizon
Event Horizon is a SAM program with exercises supported by Monroe's Spatial Angle Modulation™ (SAM) technology. Reframe stories from negative to positive. Turn the mind to inner self-development. Return home with effective tools for maintaining a balanced awareness for resilience in handling daily stressors. *No prerequisite.*

Exploration 27
Focus 27 is a very powerful state of awareness offering the opportunity to connect with creativity, information and healing on the quest for self-knowledge. Invite healing and regeneration. Connect with nonphysical intelligences using Focus 27 as a springboard for visiting Focus 34 and Focus 35. *Prerequisite: Guidelines, Lifeline or Peak Week*

Gateway Voyage®
Bob Monroe called Gateway "a voyage of self-discovery through the gateway of expanded awareness." You'll gain tools and techniques needed to navigate non-physical realms. Tap into expanded states of awareness using binaural beat audio guidance technology. *No prerequisite.*

Guidelines
Guidelines builds upon skills gained during Gateway Voyage. Receive guidance from your higher self. Experience the "halo effect," expanded intuitive abilities, profound inner wisdom, and enhanced manifestation skills. Get a free PREP session. *Prerequisite: Gateway Voyage.*

Heartline
Using Hemi-Sync® sound frequencies enter Focus 18. Be supported exploring awareness of self while creating space for emotional healing. Access greater depths of being, self-love and acceptance. *Prerequisite: Gateway Voyage.*

Law of Attraction
Be empowered by understanding the key concepts of the universal Law of Attraction. Learn how it impacts all aspects of life. Learn simple, powerful tools and techniques to understand how it works and how to begin living consciously to create the reality you desire. *No prerequisite.*

Lifeline
Lifeline® is the first soul retrieval retreat enabling you to journey into the afterlife realm. Enter states of consciousness comfortably to guide those who need assistance to "The Light." Connect with new guides, Reclaim lost aspects of yourself. *Prerequisite: Gateway Voyage.*

Lucid Dreaming
Conscious dreaming uncovers hidden aspects of yourself. Reframe fears and limiting beliefs within the safety of the lucid dreaming state. Ancient wisdom and cutting-edge brainwave research help you master lucid dreaming tools and techniques. *No prerequisite.*

MC2 (Manifestation and Creation Squared)
Learn to influence matter with your mind. Learn principles behind patterning, manifestation, and psychokinesis. Discover your ability to influence time and space. Experience exercises for hands-on metal bending, illuminating light bulbs and more. *Prerequisite: Gateway Voyage.*

Near Death Experience
A blend of patented Hemi-Sync® technology and meditation techniques invite states of consciousness associated with Near-Death. This powerful and sacred experience offers the signature aspect of an NDE, the tunnel of light and angelic beings. Release fear around dying. *No prerequisite.*

New Year Program Review the past year on physical,
In our New Year retreat develop the skills to learn to accept and release the past, shift to a new perspective and create your desires for the coming year. Shift into empowered states for manifesting desires. *No prerequisite.*

Out-of-Body Exploration
National OBE expert William Buhlman introduces you to techniques for extensive astral travel, out-of-body experiences and inner exploration with the help of Monroe's brainwave synchronization technology. Have profound spiritual experiences, heal and protect, focus and control, and ultimately reshape your reality. *No prerequisite.*

OBE Spectrum
OBE Spectrum offers a broad foundational knowledge of what an OBE is, the variations of an OBE and how to consciously initiate them at will. Learn to recognize the differences between OBE, Remote Sensing, Lucid Dreaming, and Bilocation. This course draws on over 50 years of experience in the field of human consciousness exploration. *Prerequisite: Gateway Voyage or Beyond Meditation (online)*

Peak Week
Many TMI programs culminate in a pinnacle of energy, insight, and expanded awareness by the 4th and 5th days. Move through these peak exercises over four days. Improve manifestation abilities by expanding the flow of powerful heart energy. *Prerequisite: Gateway Voyage*

Remote Viewing I and II
Use scientifically tested perceptual tools and techniques used by global expert, Joe McMoneagle and other professional remote viewers. Hear the history, protocols and success stories of programs like STARGATE. Refine skills you acquire in RVI. Learn the science of target selection to improve your understanding of RV. *No prerequisite for RV I*

Starlines I
One of Monroe Institute's most advanced programs blends Hemi-Sync® technology with cosmic sounds recorded by space probes to support your journey into inter-dimensional frontiers. . Begin your new role as a "galactic ambassador." *Prerequisite: Exploration 27.*

Starlines II
Explore dimensions. Attune to the consciousness of Earth. Explore the Wisdom Paths of Ancient Civilizations. Learn the teachings from cultures where space-time shifting was accepted and used while simultaneously exploring contemporary science and physics. *Prerequisite: Starlines I*

Starlines Reunion
Review our histories and connections in various star systems, galaxies, and dimensions. Archeology, historical texts, and spiritual teachings throughout the planet suggest beings from the skies have been present and often assisted humanity during the development of Earth School. *Prerequisites: Starlines I and II*

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Timeline
Revisit earlier years of your life, uncovering and releasing beliefs that limited or obstructed your progress. Experience deep exploration of
other lives. Meet your future wise self. Receive a personal session using the L.I.F.E. Quantum Biofeedback System and Hemi-Sync® frequencies. *Prerequisite: Gateway Voyage or Gateway Experience (online)*

WEEKEND WORKSHOPS

Dowsing *No Prerequisite*
Join Raymon Grace, international energy worker, healer, teacher, author, and dowser for a weekend at the Monroe Institute. Develop deep knowing and intuition. Reveal and quantify the physical manifestation of focused thoughts and intentions. Measure it and know it is real when you employ Raymon's dowsing techniques. *No Prerequisite*

Kortum Technique *No prerequisite*
What if the human body's blueprint for health and healing could warn you before problems or illness
manifests? The Kortum Technique, developed by John Kortum, is a Visual Assessment Process. It translates the body's own vocabulary of health data. John has been clinically evaluated for identifying health imbalances with 93% accuracy. *No Prerequisite*

Serving Spirit I and II *No prerequisite.*
Suzanne Giesemann's workshop offers a balance between the theory of spirit communication and actual practice of making contact "across the veil" with an emphasis on receiving verifiable evidence. Learn to access optimal states of awareness for mediumship in a proven seven-step process. Achieve greater depth and clarity of evidence in Serving Spirit II. Suzanne's guides who call themselves, "Sanaya", will speak through her to teach one module of the class. *No Prerequisite*